

# Banana Bars with Chocolate Chips

yield: 16 BARS prep time: 25 MINS cook time: 18 MINS total time: 1 HR

## INGREDIENTS

- 1 cup mashed ripe banana — about 3 medium bananas
- 1/3 cup coconut sugar
- 3 tablespoons unsalted butter — melted and cooled to room temperature
- 2 tablespoons unsweetened almond milk — or milk of choice
- 1 large egg
- 1 teaspoon pure vanilla extract
- 3/4 cup white whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon kosher salt
- 1/3 cup plus 2 tablespoons dark or semi-sweet chocolate chips — divided



## INSTRUCTIONS

1. Place a rack in the center of your oven and preheat the oven to 350 degrees F. Line an 8x8 inch baking pan with parchment paper so that the parchment overhangs two opposite sides like handles. Lightly coat with nonstick spray and set aside.
2. Mash the bananas in a mixing bowl. Double check the measurement to ensure you have 1 cup (less will make the bars dry; more and they may not bake all the way through). Stir in the coconut sugar, butter, milk, egg, and vanilla until well blended.
3. In a separate bowl, stir together the flour, baking soda, cinnamon, nutmeg, and salt. Add the dry ingredients to the bowl with the wet ingredients. With a wooden spoon or spatula, stir to combine, stopping as soon as the flour disappears. Fold in 1/3 cup chocolate chips.
4. Scrape the batter into the prepared baking pan and smooth the top. Sprinkle the remaining 2 tablespoons chocolate chips on top. Bake for 16 to 20 minutes, or until a toothpick inserted in the center comes out clean with just a few moist crumbs clinging to it. Place the pan on a wire rack to cool completely, then using the parchment handles, lift the bars onto a cutting board. Slice into squares of desired size and enjoy!

## NUTRITION INFORMATION

Amount per serving (1 (of 16)) — Calories: **98**, Fat: **4g**, Saturated Fat: **3g**, Cholesterol: **18mg**, Carbohydrates: **14g**, Fiber: **1g**, Sugar: **8g**, Protein: **1g**